



# Prime Times

\*LIVE \*LAUGH \*MOVE MORE



*We offer programs for Active Older Adults that will keep you moving, keep you connected, foster your interests, let you express your creativity and keep you vibrant.*

8513 SW Tualatin Road  
503.691.3061  
Matt Saviello, Center Supervisor  
Sara Shepherd, Program Specialist

## Hours of Operation

Monday-Friday  
8:00am to 5:00pm

Saturday/Sunday  
Open for Rentals

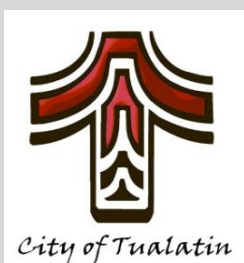
## Holiday Closures

Veterans Day  
November 11  
Thanksgiving Holiday  
November 25 & 26

## Pohl Center Advisory Committee Members

Candice Kelly  
Del Judy  
Bob Grable  
Susan Noack  
Connie Dover  
Stephanie Jones  
Bob Leveton  
Marilyn Ogorzaly

*Advisory Committee  
meetings are held on the third  
Wednesday of every other month  
at 10am in the Multipurpose  
Room. The public is invited  
to attend.*



[www.tualatinoregon.gov](http://www.tualatinoregon.gov)

## Upcoming Events

### **Veterans Recognition Breakfast**

Join us as we honor ALL Veterans with a special breakfast tribute. Guest speakers will present and prizes will be raffled off. Attendance is limited to the first 150 guests.

Thurs, Nov 10 8-9:30am  
FREE for All Vets; \$10 Non-Vets

### **Left, Center, Right Holiday “Dice” Tournament**

Roll the LCR dice to determine where to pass your chips. Easy-to-learn, fast-paced and lots of fun! The Grand Prize is a \$25 Visa Gift Card. Pre-registration required.

Fri, Nov 18 1-2:00pm  
\$3

### **Senior Speed Dating – It’s Never Too Late To Date!**

Meet a new friend or companion at Tualatin’s very first speed dating event for older adults.

Participants must register by **November 18**.

Fri, Dec 2 2-3:00pm  
FREE

## New Programs

### **Coloring, Chocolate & Conversation**



Bring your friends or make new ones during this fun and relaxing evening of coloring.

Thurs, Oct 13 & Nov 10 6-7:30pm  
\$24 Res/\$30 Non-Res per workshop

### **Better Brains By Design 101**

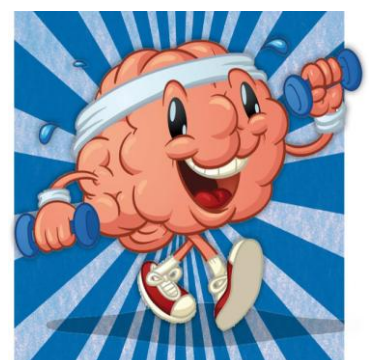
Participants will be introduced to the core ideas of brain health.

### **Brain Health Risk Factors**

Sat, Oct 8 9-11:00am  
\$10 per session

### **Establishing Mindsets for Flourishing**

Sat, Nov 12 9-11:00am  
\$10 per session



# Fall Adult Day Trips



## Timberline Lodge Tour & Lunch

Visit Mt. Hood and take a private tour of the Timberline Lodge.  
Fri, Oct 21 9:30am – 5:00pm  
\$50 Res/\$68 Non-Res

## Guide Dogs for the Blind Graduation & Tour

Have brunch at Tollgate Inn then enjoy a heartwarming afternoon at a Guide Dog Graduation Ceremony.  
Sat, Nov 5 9:30am – 3:30pm  
\$27 Res/\$34 Non-Res

## Portland Art Museum & Lunch

Tour the oldest art museum in the Pacific Northwest followed by lunch at McMenamins Market Street Pub.  
Tues, Nov 15 10:30am – 3:30pm  
\$50 Res/\$63 Non-Res

## Day Trekkers

This new walking/hiking group ventures to scenic destinations twice a month. Excursion level ratings are based on distance and elevation change.  
(Easy-Moderate-Difficult)

**Graham Oaks (Easy)** Distance: 3 miles  
Thurs, Oct 13 9:00am – 12:00pm  
\$5 Res/\$7 Non-Res

**Silver Falls State Park (Moderate)** Distance: 2.6 miles  
Tues, Oct 25 9:00am – 3:30pm  
\$15 Res/\$19 Non-Res (fee includes bag lunch and water)

**Fanno Creek (Moderate)** Distance: 4.8 miles  
Thurs, Nov 10 10:00am – 1:00pm  
\$5 Res/\$7 Non-Res

**Oaks Bottom (Easy)** Distance: 2.3 miles  
Tues, Nov 22 9:00am – 12:00pm  
\$7 Res/\$9 Non-Res



## SHIBA

Medicare open enrollment begins October 15. A SHIBA counselor will be available for free personalized and objective counseling on Thursdays (except Thanksgiving Day).  
Thurs, Oct 20-Dec 1 11:00am – 2:00pm  
FREE Walk-Ins Welcome

## Nature & Animal Movie Documentaries

October 7 – Africa's Incredible Hulks  
October 14 – Dogs That Changed the World  
October 21 – Big Cats  
October 28 – America's National Treasures  
November 4 – Super Fish  
November 11 – Animal Misfits  
November 18 – The Gorilla King  
Every Fri 1:00pm (free popcorn)  
FREE

## Healthways BOOM® Classes – NEW!

### MUSCLE + MOVE IT

Improve strength, have fun and enhance your cardio in our newest class offering. We'll start with MUSCLE, which provides a total body workout then jump to MOVE IT – a fun, high energy dance class.

**\*Class Begins: Oct 4**

Activity level: Beginner/Moderate (Modifications Available)  
Tues/Thurs 9:45 – 10:45am  
\$2 Punch Card Option

### SilverSneakers® Classic

Have fun and move to the music with a variety of exercises designed to increase muscular strength and range of movement.  
Activity level: Beginner  
Mon/Wed/Fri 10:00 – 10:50am  
\$2 Punch Card Option

### SilverSneakers® Circuit

Combine fun with fitness to increase cardiovascular and muscular endurance with a standing circuit workout.  
Activity level: Moderate  
Tues/Thurs 11:00am – 12:00pm  
\$2 Punch Card Option

## Line Dance

Join other dancers and learn some fun Line Dances or just come for the great exercise. Partners not needed.  
Fri 7:00 – 9:00pm  
Punch Pass Options: 5 for \$25; 10 for \$50; 20 for \$100

## Yoga for Veterans (ongoing)

Learn gentle stretches and ease suffering from combat and post traumatic stress.  
Sat 10:15 – 11:15am  
FREE Sponsored by Barhyte Specialty Foods, Inc.

## Geek Night – NEW!

Receive technology support for your laptop, Ipad or other gadgets from our expert volunteers.  
First Tues of the month 6:00-8:00pm  
FREE



## Meals on Wheels People

The Juanita Pohl Center, through the Meals on Wheels People, offers hot, nutritious meals for anyone age 60 & older, Monday through Friday. Serving begins at 11:45am.

Meals on Wheels service is also available for homebound seniors. Call 503.692.6767 for more information.